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Body pump exercises are performed whilst standing and to fast, upbeat music. The type of exercises you will be doing include: Squats, this will work your thighs and hips. You will squat with the weight on your shoulders. Bicep curls to work out those biceps; Lunges, for shaping and toning the buttocks. Abdominals for strong abs and core; Triceps to get rid of those flabby bits of the arm ...

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BodyPump classes last around an hour and are generally in a group format, with an instructor. During this time period, you'll hear between eight and ten dynamic songs to go with the exercises, and you'll work out a different muscle group with each song.

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